

Three separate Divisional Finals meets are run to determine Divisional champions, and to give the best athletes an opportunity to qualify for the SPL LEAGUE Finals meet.

A. Eligible Participants.

1. Individual contestants have a four (4)-event maximum.
2. Individual contestants shall not compete in same individual event at more than one grade (level).
3. All schools may enter four (4) individuals in the Long Jump, Hop-Step-Jump (Triple Jump), Shot Put, Discus, Javelin, and JV 800. The Varsity 1600 run will allow unlimited participants.
4. All schools may enter two (2) individuals in High Jump and in each individual running event (except four (4) in JV 800 and unlimited in Varsity 1600).
5. All schools may enter one (1) team in relays.
6. Schools to provide Events Committee chairperson, by April 1, a Roster (listing First and Last Name), by Grade/Group (i.e., 5th Boys, 5th Girls, etc).
Roster is primarily used to clarify name spelling when working with Qualifying Meet results.

B. Qualifiers to Championship Meet, Individual Awards, Team Points

QUALIFIERS TO LEAGUE FINALS MEET:

Div.	Hurdles 75/100 Dash (A)	400 (B)	600, 800, 1600 (C)	200 Var (D)	200 JV (E)	4x1 MAJ 4x2 800MED (F)	4x1 MIN (G)	High Jump (H)	Field Events (I)
A	5	4	4	5	3	2	2	4	6
AA	5	4	5	5	4	2	3	4	6
AAA	6	5	7	6	6	4	3	5	8

(A). Hurdles, 75/100 Dash :

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	YES	YES	No	No	No
AA	YES	YES	YES	YES	YES	No	No	No
AAA	YES	YES	YES	YES	YES	YES	No	No

(B). 400M Run :

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	YES	No	No	No	No
AA	YES	YES	YES	YES	No	No	No	No
AAA	YES	YES	YES	YES	YES	No	No	No

(C). 600M, 800M, 1600M Run :

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	YES	No	No	No	No
AA	YES	YES	YES	YES	YES	No	No	No
AAA	YES	YES	YES	YES	YES	YES	YES	No

(D). 200m Dash – Varsity :

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	YES	YES	No	No	No
AA	YES	YES	YES	YES	YES	No	No	No
AAA	YES	YES	YES	YES	YES	YES	No	No

(E). 200m Dash – JV :

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	No	No	No	No	No
AA	YES	YES	YES	YES	No	No	No	No
AAA	YES	YES	YES	YES	YES	YES	No	No

(G). 4x100M Major, 4x200M Relays :

Place	1st	2nd	3rd	4th
Award Ribbon?	YES	YES	YES	YES
Team Points	7	5	4	3
Qualify to League Finals? Note : JV 800 Medley number of advancing teams				
A	YES	YES	No	No
AA	YES	YES	No	No
AAA	YES	YES	YES	YES

(H). 4x100M Minor, 800M Medley(for scoring) Relays :

Place	1st	2nd	3rd	4th
Award Ribbon?	YES	YES	YES	YES
Team Points	4	3	2	1
Qualify to League Finals? 400 Minor Only. See G. for JV 800 Medley number of teams advancing.				
A	YES	YES	No	No
AA	YES	YES	YES	No
AAA	YES	YES	YES	No

(H). High Jump :

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	YES	No	No	No	No
AA	YES	YES	YES	YES	No	No	No	No
AAA	YES	YES	YES	YES	YES	No	No	No

(I). Field Events except High Jump :

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES	AAA Only	AAA Only	AAA Only	AAA Only
Team Points	7	5	4	3	2	1	0	0	0	0	0	0
Qualify for League Finals?												
A	YES	YES	YES	YES	YES	YES	No	No	No	No	No	No
AA	YES	YES	YES	YES	YES	YES	No	No	No	No	No	No
AAA	YES	YES	YES	YES	YES	YES	YES	YES	No	No	No	No

C. Individual Awards (Ribbons)

Colors: First Place = BLUE; All other qualifiers = RED; All non-qualifiers = WHITE.

D. Team Awards. Team awards are earned based on point totals.

- For team awards only, league schools will be divided, prior to the the start of the season, into three (3) divisions: Division A, Division AA and Division AAA. The manner in which schools are divided will be based on a combination of three factors: size of school enrollment and results from the previous year’s championship meet.
- For each Division : Banners awarded to first place in each of 4 groups.
JV Boys = Gr. 5,6 ; Varsity Boys = Gr. 7,8
JV Girls = Gr. 5,6; Varsity Girls = Gr. 7,8
These are retained permanently. Second and third place plaques are awarded in each division.
- Gerdeman traveling-trophy is awarded to school scoring most overall points of the qualifying meets.

E. Relays. Instruct and escort both levels simultaneously. Relay judges must have Lane Assignments and Event Procedure document. Lane assignments cannot be changed for any relay, to ensure identical assignments at all exchange-zones.

F. High Jump.

- Starting height will be same at each qualifying meet. This is usually two (2) inches less than last height cleared by 4th place jumper in current season’s 1st two meets.
- Succeeding height changes: After starting height is cleared, the cross-bar will be raised at two (2) inch intervals until four (4) or fewer jumpers remain; then the bar is raised at one (1) inch intervals.
- “Passing” at lower heights is encouraged as it saves jumper energy, speeds the event, and is a tie-breaker.

G. Guidelines for Lane Assignments and Heat Assignments.

1. Do not assign 2 athletes from same team to same PRELIM heat.
2. Quantity (number) of runners per heat, will be equal as possible.
3. Avoid assigning same uniform-color to adjacent lanes.
4. Lane Assignment Form is to be given to the Head/Assistant Starter, Staging Director, and Lanes/Relay Judges.
5. Identical lane assignment to both grades for specific event & level contested; i.e., Grade 6 Boys would be assigned to same lane as Gr. 5 Boys, for 75-m Dash. Event instructions are thus given once for that event.

H. Staging area.

A staging area with sufficient workers is an important contributor to efficient meet administration.

I. Meet Information Letter.

A meet information letter will be sent to participating schools no later than two (2) weeks prior to qualifying meet, to include track location, meet worker assignments. To avoid error & confusion, the meet information letter will not include information on events, calling order, or events procedure, topics that are described in this Events Committee document.

J. Meet Results.

1. Results of both qualifying meets must be sent to all SPL member schools, by the host school.
2. Get results to Events Committee chairperson within 1-2 days after the qualifying meet.
3. Each coach has responsibility to verify accuracy: School name, first and last name of each qualifier and the event. Advise discrepancies to championship meet host school at least 3 days prior to the championship meet.

K. Advancing to Championship Meet.

In order to be eligible for the Championship Meet in a running event, athletes must complete the finals for that event. Advancing to the finals is not sufficient.

L. Finish Line Area.

Meet management and the Head Finish Line Judge should physically create, on both sides of the finish line, an area that is segregated from athletes, coaches and parents that is solely for the Head Finish Line Judge, Finish Line Judges, and Timers.

MORNING SESSION 1: Information Packets are available from 7:45 am to 8:00 am
Coaches Meeting at 8:00 am.
All field events start at 8:15 am.
Running Events start at 8:30 am.

JUNIOR VARSITY (Grades 5,6)

GIRLS - FIELD EVENTS

Event	SEQ	Special Instructions
LONG JUMP	5,6	Each school allowed 4 entries.
TRIPLE JUMP (Hop, Step, Jump)	6,5	Each school allowed 4 entries.
SHOT PUT (6 lbs)	6,5	Each school allowed 4 entries.
HIGH JUMP	5,6	Each school allowed 2 entries.
JAVELIN	5,6	Each school allowed 4 entries.

BOYS - RUNNING EVENTS

Event	SEQ	Special Instructions
75m. Dash PRELIM	5,6	# Of runners per heat depends upon total (each school allowed 2)
Total Runners: Heat:	18	17
	16	15
	14	13
	12	
Qualifiers . . . run in Today's FINAL	A	6
	B	6
	C	6
	A	3
	B	3
	C	2
600m. Run	5,6	Set-up on 200-m start line. Stay in lane 1st curve only.
100m. Dash PRELIM	5,6	Same as 75 PRELIMS above.
800-m. Relay (4 x 200)	5,6	Normal 4-curve stagger-start. Stay in lane for entire race.
400m. Dash	5,6	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
75m. Dash FINAL	5,6	Starter may pause meet here if Finals were run at PRELIM-time.
200m. Dash	5,6	Runners per lane depends on total (each school allowed 2). Run in one heat. Staging workers will place runners front/back/side with help of coaches. Stay in lane for entire race, except passing is permitted on straightaway if other runners are not impeded.
100m. Dash FINAL	5,6	Starter may pause meet here if Finals were run at PRELIM-time.
800m. Run	5,6	Set-up for universal start.
800m Medley Relay (1x1x2x4)	5,6	Normal 2 curve stagger-start. First three runners stay in their lane. Fourth runner can cut in as soon as they get baton.
400m Minor Relay (4x100)	5,6	Normal 2 curve stagger-start. Stay in lane entire race.
400m Major Relay (4x100)	5,6	Normal 2 curve stagger-start. Stay in lane entire race.

MORNING SESSION 2: Session 2 cannot begin until all events are completed in Session 1.

JUNIOR VARSITY (Grades 5,6)

BOYS - FIELD EVENTS

Event	SEQ	Special Instructions
LONG JUMP	5,6	Each school allowed 4 entries.
TRIPLE JUMP (Hop, Step, Jump)	6,5	Each school allowed 4 entries.
SHOT PUT (6 lbs)	6,5	Each school allowed 4 entries.
HIGH JUMP	5,6	Each school allowed 2 entries.
JAVELIN	5,6	Each school allowed 4 entries.

GIRLS - RUNNING EVENTS

Event	SEQ	Special Instructions
75m. Dash PRELIM	5,6	# Of runners per heat depends upon total (each school allowed 2)
Total Runners: Heat:	18	17
	16	15
	14	13
	12	
Qualifiers ... run in Today's FINAL	A	6
	B	6
	C	5
	A	3
	B	3
	C	2
600m. Run	5,6	Set-up on 200-m start line. Stay in lane 1st curve only.
100m. Dash PRELIM	5,6	Same as 75 PRELIMS above.
800m. Relay (4 x 200)	5,6	Normal 4-curve stagger-start. Stay in lane for entire race.
400m. Dash	5,6	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
75m. Dash FINAL	5,6	Starter may pause meet here if Finals were run at PRELIM-time.
200m. Dash	5,6	Runners per lane depends on total (each school allowed 2). Run in one heat. Staging workers will place runners front/back/side with help of coaches. Stay in lane for entire race, except passing is permitted on straightaway if other runners are not impeded.
100m. Dash FINAL	5,6	Starter may pause meet here if Finals were run at PRELIM-time.
800m. Run	5,6	Set-up for universal start.
800m Medley Relay (1x1x2x4)	5,6	Normal 2 curve stagger-start. First three runners stay in their lane. Fourth runner can cut in as soon as they get baton.
400m Minor Relay (4x100)	5,6	Normal 2 curve stagger-start. Stay in lane entire race.
400m Major Relay (4x100)	5,6	Normal 2 curve stagger-start. Stay in lane entire race.

AFTERNOON SESSION 1: START 15 minutes after JV, but NOT BEFORE 12:00 pm.

VARSITY (Grades 7,8)

GIRLS - FIELD EVENTS

Event	SEQ	Special Instructions
LONG JUMP	7,8	Each school allowed 4 entries.
TRIPLE JUMP (Hop, Step, Jump)	8,7	Each school allowed 4 entries.
SHOT PUT (8 lbs)	8,7	Each school allowed 4 entries.
HIGH JUMP	7,8	Each school allowed 2 entries.
DISCUS	7,8	Each school allowed 4 entries.

BOYS - RUNNING EVENTS

Event	SEQ	Special Instructions																																
75m. Hurdles <u>PRELIM</u>	Boys 7,8	# Of runners per heat depends upon total (each school allowed 2)																																
Total Runners Heat:		<table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>		18	17	16	15	14	13	12	A	6	6	8	8	7	7	6	B	6	6	8	7	7	6	6	C	6	5	-	-	-	-	-
	18	17	16	15	14	13	12																											
A	6	6	8	8	7	7	6																											
B	6	6	8	7	7	6	6																											
C	6	5	-	-	-	-	-																											
Qualifiers . . . run in Today's FINAL		<table border="1"> <tbody> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>	A	3	3	4	4	4	4	4	B	3	3	4	4	4	4	4	C	2	2	-	-	-	-	-								
A	3	3	4	4	4	4	4																											
B	3	3	4	4	4	4	4																											
C	2	2	-	-	-	-	-																											
		Hurdles "set-up": 30-inches height. - From start to #1 hurdle = 13.5 m. - Between the six hurdles = 8.5 m. - Last hurdle to finish line = 19 m.																																
75m. Hurdles <u>FINAL</u>	Boys 7,8	League Qualifying per applicable divisional standards Final will begin 5 minutes after the last prelim is run																																
200m. <u>PRELIM</u>	Boys 7,8	# Of runners per heat depends upon total (each school allowed 2)																																
Total Runners Heat:		<table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>		18	17	16	15	14	13	12	A	6	6	8	8	7	7	6	B	6	6	8	7	7	6	6	C	6	5	-	-	-	-	-
	18	17	16	15	14	13	12																											
A	6	6	8	8	7	7	6																											
B	6	6	8	7	7	6	6																											
C	6	5	-	-	-	-	-																											
		The top four (4) runners in each heat qualify to run in today's final. Each coach will designate his two entries in this specific race as the "A" runner (faster runner) and "B" runner, so that the staging area can equitably distribute the faster and slower runners between heats.																																

AFTERNOON SESSION 1 (cont'd) :

BOYS - RUNNING EVENTS

Event	SEQ	Special Instructions						
75m. Dash <u>PRELIM</u>	7,8	# Of runners per heat depends upon total (each school allowed 2)						
Total Runners: Heat:	18	17	16	15	14	13	12	
	A	6	6	8	8	7	6	
	B	6	6	8	7	7	6	
	C	6	5	-	-	-	-	
Qualifiers . . . run in Today's FINAL	A	3	3	4	4	4	4	
	B	3	3	4	4	4	4	
	C	2	2	-	-	-	-	
800m. Run	7,8	Set-up for universal start.						
100m. Dash <u>PRELIM</u>	7,8	Same as 75m. PRELIMS above.						
800-m. Relay (4 x 200)	7,8	Normal 4-curve stagger-start. Stay in lane for entire race.						
75m. Dash <u>FINAL</u>	7,8	Starter may pause meet here if Finals were run at PRELIM-time.						
200m. Dash <u>FINAL</u>	7,8	Normal 1-curve stagger-start. Stay in lane for entire race.						
400m. Dash	7,8	Normal 2-curve stagger-start. Stay in lane for entire race.						
100m. Dash <u>FINAL</u>	7,8	Starter may pause meet here if Finals were run at PRELIM-time.						
1600m. Run	One Race	Set-up for universal start. Note: Runners from grade 7 & 8 may be combined into one race; will adequately identify participants by grade. Starter/meet director/games committee has authority to do separate races, when it is believed the quantity of runners or track conditions jeopardize safety.						
400m Minor Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane entire race.						
400m Major Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane entire race.						

AFTERNOON SESSION 2: Cannot begin until all events in Session 1 are completed.

VARSITY (Grades 7,8)

BOYS - FIELD EVENTS

Event	SEQ	Special Instructions
LONG JUMP	7,8	Each school allowed 4 entries.
TRIPLE JUMP (Hop, Step, Jump)	8,7	Each school allowed 4 entries.
SHOT PUT (8 lbs)	8,7	Each school allowed 4 entries.
HIGH JUMP	7,8	Each school allowed 2 entries.
DISCUS	7,8	Each school allowed 4 entries.

GIRLS - RUNNING EVENTS

Event	SEQ	Special Instructions																																																								
75m. Hurdles <u>PRELIM</u>	Girls 7,8	# Of runners per heat depends upon total (each school allowed 2)																																																								
Total Runners Heat: Qualifiers . . . run in Today's FINAL		<table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>		18	17	16	15	14	13	12	A	6	6	8	8	7	7	6	B	6	6	8	7	7	6	6	C	6	5	-	-	-	-	-	A	3	3	4	4	4	4	4	B	3	3	4	4	4	4	4	C	2	2	-	-	-	-	-
		18	17	16	15	14	13	12																																																		
	A	6	6	8	8	7	7	6																																																		
	B	6	6	8	7	7	6	6																																																		
	C	6	5	-	-	-	-	-																																																		
	A	3	3	4	4	4	4	4																																																		
	B	3	3	4	4	4	4	4																																																		
C	2	2	-	-	-	-	-																																																			
		Hurdles "set-up": 30-inches height. - From start to #1 hurdle = 13.5 m. - Between the six hurdles = 8.5 m. - Last hurdle to finish line = 19 m.																																																								
75m. Hurdles <u>FINAL</u>	Girls 7,8	League Qualifying per applicable divisional standards Final will begin 5 minutes after the last prelim is run																																																								
200m. <u>PRELIM</u>	Girls 7,8	# Of runners per heat depends upon total (each school allowed 2)																																																								
Total Runners Heat:		<table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>		18	17	16	15	14	13	12	A	6	6	8	8	7	7	6	B	6	6	8	7	7	6	6	C	6	5	-	-	-	-	-																								
		18	17	16	15	14	13	12																																																		
	A	6	6	8	8	7	7	6																																																		
	B	6	6	8	7	7	6	6																																																		
C	6	5	-	-	-	-	-																																																			
		The top four (4) runners in each heat qualify to run in today's final. Each coach will designate his two entries in this specific race as the "A" runner (faster runner) and "B" runner, so that the staging area can equitably distribute the faster and slower runners between heats.																																																								

AFTERNOON SESSION 2 (cont'd) :

GIRLS - RUNNING EVENTS

Event	SEQ	Special Instructions						
75m. Dash PRELIM	7,8	# Of runners per heat depends upon total (each school allowed 2)						
Total Runners: Heat:		18	17	16	15	14	13	12
Qualifiers . . . run in Today's FINAL	A	6	6	8	8	7	7	6
	B	6	6	8	7	7	6	6
	C	6	5	-	-	-	-	-
	A	3	3	4	4	4	4	4
	B	3	3	4	4	4	4	4
	C	2	2	-	-	-	-	-
800m. Run	7,8	Set-up for universal start.						
100m. Dash PRELIM	7,8	Same as 75m. PRELIMS above.						
800-m. Relay (4 x 200)	7,8	Normal 4-curve stagger-start. Stay in lane for entire race.						
75m. Dash FINAL	7,8	Starter may pause meet here if Finals were run at PRELIM-time.						
200m. Dash FINAL	7,8	Normal 1-curve stagger-start. Stay in lane for entire race.						
400m. Dash	7,8	Normal 2-curve stagger-start. Stay in lane for entire race.						
100m. Dash FINAL	7,8	Starter may pause meet here if Finals were run at PRELIM-time.						
1600m. Run	One Race	Set-up for universal start. Note: Runners from grade 7 & 8 may be combined into one race; will adequately identify participants by grade. Starter/meet director/games committee has authority to do separate races, when it is believed the quantity of runners or track conditions jeopardize safety.						
400m Minor Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane entire race.						
400m Major Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane entire race.						

Revision History

Date	Change
2016-03-01	Change start and end distances for hurdles in Afternoon Sessions 1 and 2.
2015-04-14	Added Section L for meet management and Head Finish Line Judge to create a segregated area for finish line judges and timers.
2014-05-11	Included a highlighted note in Section G. and H on how the JV 800 Medley advances (G.) and is scored (H.)
2012-04-26	Changed 4x100 Minor and 800 Medley Relays in section B as to how many teams from each division advance to the League Finals.